

## Sweet Potato & Black Bean Salad – adapted from “KidsHealth” from Nemours

Ingredients	50 Servings	100 Servings	25 Servings	Directions
<b>Sweet Potatoes, fresh<sup>§</sup></b> , medium	20 ea (approx 10 lb)	40 ea (approx 20 lb)	10 ea (approx 5 lb)	<ol style="list-style-type: none"> <li>1. Peel and cut potatoes into bite-size cubes.</li> <li>2. Place potatoes into a saucepan and cover with cold water; then, bring to a boil and cook until just tender. Do NOT overcook. Drain and allow to cool.</li> <li>3. While potatoes are cooking, make dressing: In a large bowl, whisk together lime juice, zest, salt, pepper, honey, oil and chipotle (optional).</li> <li>4. Add potatoes, scallions, beans, corn, and cilantro to the bowl and toss gently.</li> <li>5. Serve at room temperature or refrigerate.</li> </ol> <p>❖ <b>Serve ½ cup.</b></p>
lime, fresh, juice & zest	20 ea	40 ea	10 ea	
salt	5 tsp	3 Tb	2 ½ tsp	
Black pepper, ground	5 tsp	3 Tb	2 ½ tsp	
<b>Honey<sup>§</sup></b>	3 Tb + 1tsp	1 ¼ cup	5 tsp	
Canola oil	½ cup + 2 Tb	1 ¼ cup	5 Tb	
Chipotle in adobo sauce, finely chopped (optional)	10 ea	20 ea	5 ea	
<b>Scallions<sup>§</sup></b> , finely chopped	6 Tb	¾ cup	3 Tb	
<b>Corn, fresh<sup>§</sup>, frozen<sup>§</sup></b> or canned (if using canned, drain and rinse)	5 cup	10 cup	2 ½ cup	
<b>Black beans<sup>†</sup></b> , cooked	13 ¾ cup	27 ½ cup	6 7/8 cup	
Canned black beans, drained and rinsed	10 15-oz cans	20 15-oz cans	5 15-oz cans	
<b>Cilantro, fresh<sup>§</sup></b> , finely chopped	2 ½ cup	5 cup	1 ¼ cup	

§WA product available

†Dried WA product available

Approximate preparation time: 30 min. (+ time for cooking beans if using dried beans)

### Tips & Variations:

- When using dried black beans, measure ½ the amount listed above, rinse and soak overnight. Cook the beans for 1~1 ½ hour with plenty of water (4 cups water for a cup of black beans). You can cook with bay leaf, garlic, cumin powder and/or chili powder.
- Store sweet potatoes in a cool, dry, well-ventilated place for up to several weeks. Do NOT store in plastic or refrigerate. Temperatures below 50 degrees will result in off-flavors, and excess moisture will encourage sweet potatoes to rot or sprout prematurely.



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### Child Nutrition Program Food Components:

- ✓ ¼ cup meat alternates
- ✓ ½ cup vegetable

### Nutrients Per Serving:

Calories	240 kcal
% Calories from Fat	25 %
Total Fat	6.0 g
Saturated Fat	1 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	260 mg
Total Carbohydrates	41 g
Dietary Fiber	10 g
Sugars	7 g
Protein	9 g
Vitamin A (10,800 IU)	270 %
Vitamin C (11 mg)	45 %
Calcium	5 %
Iron	12 %

👉 You can substitute sweet potatoes with **local winter squashes**, such as **Acorn, Butternut, Delicata or Hubbard squash**. Roast them, cut into bite-size cubes and toss them into the salad.

👉 The sweet potato is one of only a few cultivated vegetable crops that originated in the Americas. The wild sweet potato has been traced back to Peru as early as 8,000 B.C. Early Native American tribes relied on both wild and, later, cultivated varieties of sweet potatoes. Christopher Columbus introduced this versatile and nutritious storage crop to Europe. [ref: "From Asparagus to Zucchini - A Guide to Cooking Farm-Fresh Seasonal Produce (3rd Edition)"]

notes

